Natural Rearing Newsletter ©

Volume 2 Issue 7 July 1997

FOR THOSE THAT CHOOSE TO THINK FOR THEMSELVES

From The Desk Of: MARINA ZACHARIAS

O' CANADA--WHO STANDS ON GUARD FOR THEE ?

As most of you know, I was born and raised in Canada and at one time believed that it was a "free" country much like the United States. Recent events however, are forcing me to question the "rights" of Canadians vrs. the heavy hand of the regulatory agencies.

The Canadian Health Protection Branch (equivalent to the FDA in the USA) has arbitrarily reclassified a list of over 60 herbs in common usage to be "drugs". This now allows them to charge manufacturers and distributors fees for Drug Identification Numbers (DIN's). Further, they are instituting a "cost recovery" program where they will be forcing vitamin manufacturers to pay huge fees for periodic HPB "inspections" of the manufacturing facilities.

The Government has banned melatonin, DHEA and amino acids like lysine, carnitine, arginine, tyrosine, ornithine and others as well as the herbs as "potentially dangerous substances".

The health Protection Branch states that any food or supplement can be classified as a "drug" if it meets **one** or more of the following very broad criteria:

1. It has a claimed health benefit.
2. It is packaged in tablets or capsules.
3. It has a medicinal effect on the body.

So if one claims that eating oranges prevents scurvy the HPB can classify them as a drug. Prunes have an obvious "medicinal" effect on the body. Are they drugs? They are if the HPB says they are! How many vitamins, supplements, etc. are packaged in tablets or capsules? Drugs? You bet!! Pay the fees for the DIN application and annual maintenance fees or else!! Oh, by the way--the HPB has total control over what can be approved to receive a DIN number.

Herbs, botanicals, vitamins, minerals, homeopathic remedies, etc. are being targeted by this government agency without any need to show that they are harmful in any way. The agency insists that the burden to prove "no harm" (1) rests with the industry. Thus if there is anyone "in power" that chooses to say that there is a "potential" for harm, it is up to the supplier to "prove" (to the governments satisfaction) that this is not so. Nothing is required on the government's part to substantiate its claim.

Thus the latest list of 67 herbs considered to be "harmful substances" by the HPB can be stopped at customs or seized where they are sold.

Before you start thinking that they are just following a mandate to protect the Canadian people, you need to know that any of these substances can be purchased and brought into Canada by an individual, as long as they are "for personal use"! So if people want these "harmful substances" that's O.K. Just don't let them into the hands of physicians, veterinarians, health food stores or any place else that they may be "sold" to people! (Unless of course they have paid their dues and received the appropriate blessing of a DIN).

It doesn't take much imagination to realize that Canada is rapidly falling into line with the **CODEX** regulations and Canadian consumers are in great danger of losing access to affordable, natural, dietary supplements. (See Volume 2 Issue 4 for our warning on the Codex proposal).

This is the same pattern that was followed in the Nordic countries where now only the large pharmaceutical companies control the supplement industry (and consumers must pay the highly inflated prices demanded). If the Canadians accept this abrogation of their rights can the US be far behind?

IN THIS ISSUE

O' Canada--Who Stands on Guard For Thee ?
Science and Natural Medicine
Some Basics of Nutritional Supplementation
Zinc
Nutritional Detoxification
U. K. Canine Vaccination Survey
Mailbox
The Thymus
Weaning Puppies to a Raw Food Diet

SCIENCE AND NATURAL MEDICINE

I have long contended that open-minded science and realistic natural medicine belong together. During the last decade I have witnessed a gradual evolution occurring in health care as more natural medicines gain acceptance. I truly believe that this acceptance is due largely to the result of increased scientific investigation and the public's awareness of this research.

The term "science" refers to "possession of knowledge as distinguished from ignorance or misunderstanding". Scientific knowledge is based on the scientific method, meaning that the understanding is based on the collection of data through observation and experiment.

We must keep in mind that while science is evolutionary, the underlying natural laws it tries to explain are constant. In other words, gravity existed long before Sir Isaac Newton was around to explain it.

We use science as an attempt to explain the nature of the body and the environment. Breakthroughs in many areas of science are occurring at an incredible pace, particularly in areas of medicine. What was once considered scientific medicine is often discarded when a deeper understanding is achieved. It is probable that many current treatments involving the use of drugs and surgery will be discarded in the future as "science" provides new understanding in better ways to work with natures immutable laws.

More and more researchers are discovering the tremendous healing properties of natural compounds found in whole foods, food components, herbs and herbal compounds. Their advantage over synthetic medicines in the treatment of many health conditions is becoming ever more evident in the light of these scientific investigations. This validation of natural medicine is not entirely surprising. After all, if holistic principles and techniques are based on truth, they should stand up to strict scrutiny.

We will always have with us those who cling to the "science" they were taught in school--even though this knowledge may be decades out of date. When confronted with a conflicting idea or concept it is much easier to scoff or ridicule the new concept then it is to "relearn" or at least investigate new science that is more relevant to today's fast paced world.

Traditional Chinese Medicine, Homeopathy, Acupuncture, etc. are ridiculed by many yet have stood the test of time. When one realizes that they are based on a collection of data through observation and experimentation, how can one possibly reject them on the basis of not being scientific? Because the "mechanism" of action is not always fully understood, does this by itself make then unscientific? Or is it perhaps more of an admission of man's limited understanding of the fundamental laws of nature? New "science" seems to be indicating that we needed better "tools" to truly appreciate the wisdom of these ancient medicines. New "science" is redirecting medicine back to these old truths.

The efficacy of glandular treatment is but one example. Ancient "science" taught us that glandular therapy was based on "like cures like" and was an effective form of medicine.

Modern "science" scoffed at this, and taught us that this could not be effective because the healthy intestinal lining is an essentially impermeable barrier to proteins and large polypeptides. Thus, a glandular substance would simply be broken down into the smaller particles of its basic constituents and rendered ineffective.

New "science" has irrefutably proven that large macromolecules can and do pass intact from the gut into the bloodstream under normal conditions. In some instances the body appears to recognize which molecules it needs to absorb intact and which molecules it needs to break down into smaller units.

Thus the detractors of this form of therapy are simply not up to date with current understanding of normal physiology. The question today should no longer be "Are glandulars effective?" but rather should be "Are the glandulars currently available in the health-food stores in the United States effective?"

Ancient "science" taught us that there is a life force consisting of both positive and negative energies flowing through every living thing. Health is achieved by a proper balance of the positive/negative relationship and ensuring the clear path of the flow of energy.

Modern "science" taught us that it is the mechanical features of the body that are important. Any reference to the "aura" was ridiculed and left to the mystics. Acupuncture couldn't possibly be effective because it didn't "do" anything to change the physical parameters of the mechanical model of the body. Energy flow had nothing to do with the functioning of the organs and we must physically interfere to achieve health.

New "science" has proven that the life force not only exists, but is measurable, can be photographed, recorded electronically, wavelengths can be determined and analyzed for health or sickness, and will probably be the medicine of the future. What was needed for this proof was the development of new, sensitive instrumentation and the open mind of inquiring researchers.

Detractors of energy medicine, again are simply out of date. They would be wise to pay attention to the work of Dr. Valerie Hunt and others in the forefront of this exciting field of medicine.

We are in a transitional state of "science" and often you will be faced with confusing and conflicting information. Try to maintain and open mind and determine, where possible if the "science" being referred to is truly up to date. Mix this with a dollop of common sense and you probably won't go to far wrong.

SOME BASICS OF NUTRITIONAL SUPPLEMENTATION

The term nutritional supplementation includes the use of vitamins, minerals, and other food factors to support good health and prevent or treat illness.

There is a mountain of evidence to support the need for supplements in the average diet of both people and pets. To fully grasp the importance of supplementation we need to understand the basic functions of nutrients (like vitamins and minerals) in the body.

The key role they play is to serve as essential components in enzymes and coenzymes. Enzymes are molecules involved in speeding up chemical reactions necessary for bodily function. Coenzymes are molecules that help the enzymes in their chemical reaction.

Enzymes and coenzymes work to either join molecules together or split them apart by making or breaking the chemical bonds that join molecules together. A key concept in nutritional medicine is learning how to supply the necessary support or nutrients that allow enzymes of a particular tissue to work at their optimum levels.

Most enzymes are composed of a protein along with an essential mineral and possibly a vitamin. If an enzyme is lacking the essential mineral or vitamin, it cannot function properly. By providing the necessary mineral through diet or a nutritional formula, the enzyme is then able to perform its vital function. For example, zinc is necessary for the enzyme that activates vitamin A in the visual process. Without zinc in the enzyme, the vitamin A cannot be converted to the active form. This deficiency can result in what is known as night blindness.

Many enzymes require additional support in order to perform their functions. The support is in the form of a coenzyme, a molecule that functions along with the enzyme. Most coenzymes are composed of vitamins and/or minerals. Without the coenzyme, the enzyme is powerless. For example, vitamin C functions as a coenzyme to the enzyme "proline hydroxylase" which is involved in collagen synthesis. Without vitamin C, there is impaired collagen synthesis, resulting in failure of wounds to heal, bleeding gums, and easy bruising. There may be plenty of proline hydroxylase (the enzyme) but in order for it to function it needs vitamin C.

(For more on enzymes see Volume 1, #7, #8, & #9)

With the modern methods involved in all phases of today's food production, many of these essential nutrients are lost. Attempts are made to replace natures bounty with man made synthetics that unfortunately can cause more harm than good.

In past issues and in future issues we refer to specific nutritional supplements and their function in promoting good health. Keep in mind that it is the normal enzymatic function that we seek to support to ensure optimum performance.

ZINC

Zinc is in every body cell and is a component in over 200 enzymes. In fact zinc functions in more enzymatic reactions than any other mineral. It is also necessary for proper action of many body hormones including thymus hormones, insulin, growth hormone and sex hormone.

The best-known food source for zinc is oysters, but zinc is present in relatively high concentrations in other shellfish, fish, and red meats. Although it is found in several plant foods, zinc in this form is less bioavailable because it binds to phytic acid (a fiber compound) to form an insoluble complex that is not absorbed.

Zinc is involved in virtually every aspect of immunity. When zinc levels are low, the number of T cells decreases, thymus hormone levels lower, and many white blood cell functions critical to the immune response cease. Fortunately, all these effects are reversible with adequate zinc supplementation.

The fact that zinc possesses direct antiviral activity, including activity against several viruses that cause the common cold, has been played up big time by the advertising boys. By now most of you will have heard about the use of zinc lozenges to fight colds. This was as a result of a recent study that determined that the zinc concentration in the lozenges was high enough to inhibit replication of cold viruses. It is a typical example of public awareness of natural medicine being heightened by "new" science.

For those of you that do want to use the lozenges, be a little cautious and not overdo it. High doses of zinc over a prolonged period of time can actually impair immune function and create a copper deficiency. Michael T. Murray, N.D. recommends that a daily intake of no more than 150 milligrams for no more than one week would be appropriate.

Zinc is perhaps the most important trace mineral involved in male sexual function. It is used in virtually every aspect of male reproduction, including the hormone metabolism, sperm formation, and sperm motility.

It also has antioxidant effects and functions in the antioxidant enzyme "superoxide dismutase". Zinc levels are typically reduced in patients with rheumatoid arthritis and several studies have used zinc in the treatment of this type of arthritis.

Because zinc is required for proper cell division, it plays a critical rote in fetal development. Low zinc levels are linked to premature births, low birth weight, growth retardation and preeclampsia.

Zinc is essential for the maintenance of vision, taste and smell. In some cases a zinc deficiency may be the underlying reason for a loss of appetite in your animal.

(see Mailbox for an interesting homeopathic application of zinc)

NUTRITIONAL DETOXIFICATION

Every once in a while I hear about someone that "tried a raw diet for my dog and he got worse". One of the areas of greatest confusion is the failure to understand and interpret the symptoms and changes that may follow the beginning of a better nutritional program.

As a general rule, when the quality of the food coming into the body is of higher quality than the tissue which the body is made of, the body begins to discard the lower grade materials and tissues to make room for the superior materials. It uses the better food to make new and healthier tissue.

During the first phase (called catabolism) the accent is on elimination or breaking down of tissue. The body begins to clean house and try to remove the garbage deposited in the tissues. Wastes are discarded more rapidly than new tissue is made from the new food and sometimes a weight loss may occur during this process.

It's during this stage that things may appear to be getting worse rather than better. For example, if a dog was previously suffering from a skin rash or "itchy" skin, the accelerated disposal of internal toxins is liable to exacerbate the condition. The newcomer will likely ask "How come? This raw diet is supposed to be so much better but my dog is getting worse!"

They need to realize that the body is throwing out poisons more rapidly now that it has the building power formerly used to digest the previous commercial pet food. The elimination of these toxins is saving the dog from more serious diseases that would result from keeping them within the body.

If taken to a vet that is not familiar with what is going on, it is likely that an "allergy" diagnosis will result. We need to understand that in a detox. situation, these symptoms are constructive, even though unpleasant for the moment. These symptoms are part of a curing process. Don't try to **cure a cure**! These are not deficiency conditions or allergic manifestations--not if the diet is proper in quality, quantity, combination and sequence.

This first phase may persist for a while (depending on how bad the body was in the first place) and then is followed by the second phase--stabilization. Here the weight remains more or less stable. The amount of waste material being discarded daily is equal to the amount of tissue being formed and replaced by the newer, more vital food.

This is followed by a third phase---a build up period (called anabolism) wherein weight may start to go up, even though the diet is lower in calories than it was before. At this point much or more of the interfering wastes have already been discarded. The body's need for the usual amounts of food decreases and we are able to maintain the weight and increased energy with less food.

We also need to realize that the body is cyclical in nature, and health returns in a series of gradually diminishing cycles. For example, you start your animal on a raw diet and for a while, he seems to feel much better. After a while a symptom occurs---maybe he throws up or has diarrhea with a foul-smelling stool. Next day he appears to be fine with even more energy. A little while latter, maybe he runs a fever or some kind of skin eruption takes place. This flare up runs for a few days and assuming you don't use drugs to alleviate the symptom, abates of its own accord. Suddenly the animal is running and playing like a youngster again.

And so it goes. Cycles--feel a little worse, recover to a higher plain of health. Then perhaps another reaction (milder than the last), recovery and on to better health. The symptoms will vary according to the material being discarded, the conditions of the organs involved in the elimination and the amount of energy available.

Those animals that have the worst symptom-reactions and whose owners follow through to the successful termination of the symptoms, are thus avoiding some of the worst diseases which would eventually have developed had they continued the former commercial diet.

In the event of prolonged or heightened symptom-reactions, it is prudent to add nutritional support for the liver and kidneys. With proper nutritional support, the liver possesses a remarkable capacity to detoxify hundreds of highly toxic chemicals. Unless key nutrients are present in proper amounts, however, detoxification pathways can become dysfunctional. A product I recommend for this purpose is called "Detoxication Factors" made by Tyler Encapsulations. It supplies the nutritional precursors and cofactors essential in detoxification.

I shouldn't have to say this but, if your animal is exhibiting symptoms of detoxification, this is not the time to give him any "booster" shots. Nor is it time to have him wormed, flea dipped, etc. What is needed at this time is as little "chemical" exposure as possible. Obviously his body is at maximum capacity during these reactions and it would be just plain silly to add to the burden.

Nutritional detoxification does not happen often with dogs switched to a raw diet, but when it does it can be alarming if you don't know what is going on.

For a newcomer to holistic health care it can be devastating and a complete "turn-off" on natural rearing. Once they become aware that this is just natures way of "housecleaning" the stress factor is removed and they can be comforted in knowing that they are doing the right thing.

U. K. CANINE VACCINATION SURVEY

From England comes a report on the preliminary results of a well structured survey concerning possible health problems resulting from vaccination of dogs.

Although this is an ongoing survey the early tabulation on approximately 2,700 dogs appears to confirm our concerns with the potential for adverse effects from vaccination.

For the purposes of the survey they asked all participants to list their dogs' illnesses and tell them how soon they started after the date of vaccination. In theory, if vaccination has no adverse effect or even a bearing on subsequent illness, then illnesses will occur in equal numbers at any time during the twelve months following vaccination.

One aim of the survey was to test whether there was a timeframe bias between illnesses that developed that might be vaccine-linked. In fact, the results indicate a distinct statistical skew within the first three months. During this short time span one would expect to see no more than 25% of illnesses based on a one year time frame.

Overall, some 55% of all illnesses reported, occurred within the first three months after vaccination!

Although vaccine reactions are admitted by the manufacturers (all be it at an exceptionally low rate of perhaps 5 in one million) I don't know of any company that is admitting to a relationship of disease to vaccination. The survey indicates a strong statistical probability that such a link **does in fact exist**! Some examples after vaccination are:

- Diarrhea-- 4.9% of dogs surveyed had diarrhea (68% of these within the first three months).
- Allergies-- 3.8% had allergies (55.6% within the first three months).
- Colitis-- 2.7% had colitis (56.9% first three months).
- Dry Eye/conjunctivitis-- 2.5% of dogs surveyed (56.9% within first three months)
- Epilepsy-- 2.1% had epilepsy (65.5% in first three months).
- Loss of appetite-- 3.4% suffered a loss of appetite (79.8% within first three months).
- Nasal discharges-- 1.7% showed nasal discharges (84.1% within three months of vaccination).
- Nervous/worrying disposition-- 2.8% suffered from this complaint (54.8% began to do so within three months).
- Skin problems-- 5.4% of dogs surveyed had skin problems after vaccination (46.2% within three months).
- Vomiting-- 3% were reported to have vomited (72.5% of these dogs, within three months of vaccination).
- Weight loss-- 2.5% of dogs in the survey had lost weight.(63.1% were within three months after vaccination).
- Behavioral problems-- 2.5% had behavioral problems (55.4% occurred within three months).
- Tumor or growth at vaccination site-- 1.1% of all dogs surveyed suffered from this occurrence. (67.9% within the first three months after vaccination).

To increase statistical confidence they still need more completed questionnaires to study the patterns of each of the following diseases (although the interim figures do give rise for concern):

- Cancer--31% within 3 months
- Chorea--63.2% within 3 months
- Encephalitis--75% within 3 months
- Heart conditions--26.8% within 3 months
- Kidney damage--40.5% within three months
- Lameness--52% within three months
- Liver damage--47% within three months
- Paralysis of abdomen--64.7% within three months
- Short attention span--68.4% within three months
- Autoimmune diseases--54.8% within three months

They are also waiting for more survey returns for confirmation of early indications of dogs contracting the diseases they were vaccinated against. So far the results are:

- Hepatitis--63.6% occurred within three months
- Parainfluenza--50% within three months
- Parvovirus--68.2% within three months
- Distemper--55.6% within three months
- Leptospirosis--100% of dogs contracted leptospirosis within three months of vaccination.

These preliminary results tend to support the view that vaccines either don't protect, or can cause the disease itself.

Another interesting observation made from the survey was that the common belief that as dogs get older, the incidence of illness increases, was not supported. There was no statistical bias between the incidence of illness and the ages of the dogs covered in the survey.

The incidence of illness in dogs treated with more than one vaccine at the same time is significantly higher than when only a single vaccine is administered. The "cocktail" effect appears more hazardous (confidence level of higher than 99.9%). They also reported that dogs that were annually boosted were more likely to become ill than those that were not boosted annually.

From the preliminary results I have seen so far, I believe that this particular survey is one that we could all benefit from. The more dog owners that participate the better. Your contribution of a little time to fill out the questionnaire would certainly be of value. There is no charge. You can obtain the form from:

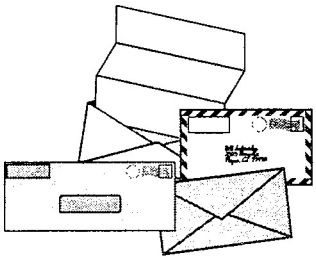
The Canine Health Census
P.O. Box 1, Longer, Derbyshire SK17 OJD
England

Or you can contact John Watt:
TEL: 44 1298 74737
FAX: 44 1298 84739
e-mail: john@dogcensus.win-uk.net

John does urge all veterinarians interested in this work to participate and study their own patient records to see whether a similar pattern can be established.

Major kudos to John Watt of England for this project!!

MAILBOX



Dateline June/97 Washington

Dear Marina,

I wanted to thank you for your help with my dogs "Cherry Eye" problem. My Vet. is really curious about what was used. I did tell him but it didn't seem to mean much to him.

As you know he did perform the partial tack surgery to keep the inner lid from popping up but it came back up after about a week. At that point he wanted to remove the tear ducts.

I must admit that I was very surprised that the liquid Zinc preparation you sent worked so well. I'm still not sure how an oral substance solved the problem but who cares how it works as long as it did the job without any harmful effects! I followed your instructions and gave my dog one dose a day and within one week the problem was resolved!! No recurrence since then.

Again thank you. It's great to know there are other answers available for us.

The remedy used for this particular condition is the homeopathic Zinc 6c. Unless your vet is familiar with homeopathy I'm not surprised that it didn't mean much to him. Maybe someday in the future we will see some sort of mandatory courses on holistic medicine incorporated into veterinary education. (Well I can dream can't I ?)

****

The next letter involves a dog with severe infections in his toenail beds. Antibiotic treatments were used extensively without results. The infection became so bad that the dog couldn't walk, was in constant pain and at the point where the owners were considering putting him down to relieve his misery.

Dateline June/97 Michigan

Dear Marina,

Just a short update on ...(name of dog). He hasn't had any relapse on nail bed infection for at least six months or more (since we last talked).

He is a happy, healthy 105 lbs. now and seems very well now without the horrid antibiotics. With your help he is better in every way both in spirit and body.

It's a pleasure to watch him run again (and walk) without being in pain. The vet at MSU is really nice and still believes it is an amino imbalance. I like him and believe it or not he was very supportive of both you and his Derm caps.

I do want to thank you for saving (dogs name) life.

The supplements used in this case were: Isatis, Livaplex, Immuplex, and colloidal silver. The silver was used both topically and internally to help fight the infection. The other three obviously provided enough nutritional support to allow the dogs enzyme system to function properly and allow the body to heal itself.

Dateline June/97 New York

Hi Marina,

It has been 9 weeks since you sent the products to treat (dogs name) OCD. It has been 9 weeks since she limped. Almost immediately I noticed a difference.

The biggest problem was trying to keep her from being active because everyone kept telling me to keep her exercise restricted. You had said not to try to hard, so I didn't.

It must have been only 3 weeks when I decided to let her act like herself, running, playing and romping in our fenced yard. She didn't limp then and has not limped since.

I did leave her in the care of a friend that owns her sister while we were on vacation. While at her house the two girls played almost non-stop. Despite both my friend and I being nervous about so much activity, (dogs name) never limped. I wanted to wait an extra two weeks before writing you, just in case, but still no limping.

I am VERY excited and pleased and say "Thank you, thank you, thank you".
P.S. (dogs name) sends her warmest and wettest kisses of thanks your way!!!!!

"NATURAL REARING NEWSLETTER". All contents copyrighted 1997 by AMBRICAN ENTERPRISES LTD. Nothing in this publication may be reproduced in whole or in part, in any manner whatsoever, without written permission from the publisher. Send all correspondence to:
AMBRICAN ENTERPRISES LTD., P. O. BOX 1436, Jacksonville, OR, 97530. Phone: (541) 899-2080 Fax: (541) 899-3414
E-Mail ambrican@cdsnet.net Published six times a year. Subscription rates US $19.00 per year $35.00 for two years.
Founder and Editor: Marina Zacharias General Manager: R. L. Zacharias Fulfillment Manager: Trudy Zacharias

We are all very excited about the success we have been hearing about from using the natural protocol without surgical intervention. Since we originally wrote about it (see Volume 2 Number 4) there have been numerous courageous dog owners that have chosen to try this first, and without exception (so far) all have reported complete healing.

Although this is all "anecdotal" evidence and no official studies have yet been done to provide scientific "proof" that it is effective, I do believe that the "breeder network" has again found an answer or at least a hope of developing a consistent, gentle cure for this painful condition. At this point I guess we could only deem it to be "evidence medicine". That is, it works!

Dateline June/97 Florida

Hi Marina,

Well, your products, along with previous Thyroid medication, helped (name of dog) sire a litter of 7 puppies this past week.

He's the male Springer who had a next-to-nothing sperm count a year ago. I've been faithfully giving him the Symplex M and L-Arginine along with the multiple vitamins. We're tickled to death!

He sired 4 bitches and 3 dogs. Thanks for all you support along the way.

More and more studies are confirming the ability of nutritional supplements to enhance the reproductive system. The combination of Symplex M, L' Arginine and a high potency multiple vitamin such as "Spectra" can often do the trick.

L'Carnitine is also recommended in addition, but can be more costly.

In addition to the above, there is also a homeopathic remedy called "Testis Comp." that is very helpful and can speed up the process.

DOG TRAINING TIP

A rolled up newspaper can be an effective training tool when used properly. For instance, use the rolled up newspaper if your dog chews something or has a housebreaking accident.

Take the rolled up newspaper and **HIT YOURSELF** over the head as you repeat the phrase "I FORGOT TO WATCH MY DOG...I FORGOT TO WATCH MY DOG!"

If your dog laughs at you when you do this, Praise him!!

THE THYMUS

The thymus is the major gland of the primary immune system. It is responsible for many functions including the production of T-lymphocytes. T-cells are a type of white blood cell responsible for "cell-mediated immunity". This refers to immune mechanisms <u>not controlled or mediated by antibodies.</u>

Cell-mediated immunity is extremely important in the resistance to infection by mold-like bacteria, yeast (including Candida albicans), fungi, parasites, and viruses (including Herpes simplex, Epstein-Bar, and viruses that cause hepatitis).

This part of the immune system is also critical in protecting against the development of cancer, autoimmune disorders like rheumatoid arthritis, and allergies.

The thymus gland also releases several hormones that regulate many immune functions. Low levels of these hormones in the blood are associated with depressed immunity and an increase susceptibility to infection.

Considering the importance of the thymus gland it is obvious that to enjoy a strong primary immune system, we must ensure that the thymus is functioning at optimal levels. Nutritionally we can promote thymus gland activity by ensuring adequate dietary intake of antioxidant nutrient like carotene's, vitamin C, vitamin E, zinc, and selenium. Herbs such as astragalus, echinacea, goldenseal, ashwagandha, and garlic will also assist to enhance thymus function.

Therapeutically, there is a substantial amount of clinical data to support the effectiveness of orally administered thymus extracts. Numerous trials have shown that oral administration of predigested calf thymus extract, rich in thymus-derived polypeptides, are effective in treating such things as recurrent respiratory infections, allergies (including food allergies), hepatitis B infections, etc.

It has also been shown to help in restoring the number of peripheral leukocytes in cancer patients with chemotherapy-induce depression of white blood cell counts.

The use of thymus extracts is very safe. No side effects or adverse effects have been reported with the use of thymus preparations.

As always, quality of product will play an important role with effectiveness. I like to use "Thymex" and "Immuplex" for this purpose.

Homotoxicology can also assist a great deal. The main remedies used are: Glandular Thymi Suis, and Lymphomyosot. For chronic problems Tonsilla comp would also be considered, and for acute problems Echinacea Comp Forte would be used.

WEANING PUPPIES TO A RAW FOOD DIET

"Remember that every ounce, every particle of food contributes to the strength of puppy limbs, therefore let every meal given be of maximum health in natural concentration and preparation.

A properly weaned puppy is a joy to see and possess. It has come into the world with a set of brand-new organs: heart, brain, liver, kidneys, etc. All are new, clean and unspoiled. It is each puppy's right that it be fed foods which will not damage or degenerate its new body, but improve and safeguard its health, so that it will never know the pain and distress of worm infestation, rickets, scouring, skin eruptions."

—Source: Juliette de Bairacli Levy

With this as an early inspiration, the fundamental procedure I use for weaning puppies was based directly on the details outlined in Juliette's book "The Complete Herbal Handbook for the Dog and Cat".

I start the weaning in the fourth week (Juliette is very firm on not starting earlier). This begins with using goat's milk (raw, unpasturized, if you can find it) as a base. Thicken this by adding about 1 tablespoon of raw honey per quart of goat's milk. Then for extra nutrition, strengthen the milk by adding approximately 1 teaspoon of NR Tree Bark Gruel per puppy to be fed. This mixture is warmed to a tepid degree (lukewarm not hot) and introduced to the litter.

Several days later, when they are eating this mix well, begin thickening it with fine ground barley (or oat) flakes--HUMAN GRADE. (At this point the puppy's digestive system simply cannot digest animal feed grade grains. You might as well feed sawdust.) The barley flakes should be ground to a fine powder for best digestion. I use a food processor for this but a small hand grinder also works just as well. If you are unable to find barley flakes, then substitute barley baby cereal. Add a small amount of Flax Oil (cold pressed) and a little NR Special Blend to the meal.

When using this gruel, I give about a 1/2 cup per puppy (amount will of course vary with the breed of dog) and I increase this amount over time with the amount of interest the pups show in the gruel.

Towards the end of the fifth week, I start to introduce raw meat (I use very fine lean ground turkey) as a separate meal. A little bran (oat or wheat) should be added to the meat for roughage. What we are trying to accomplish here is to imitate nature as closely as possible.

The natural instinct of the bitch when in the wild state (and common to all carnivores) is to semi-digest flesh food in her own stomach and then to vomit up the food for the use of her whelps. If you are unable to find fine ground turkey, obtain some lean whole turkey thighs (skinless) and put them through a food processor until they are like mush. Within the next day or two I increase this to two meat meals per day.

With the meat meal, each individual puppy should be fed in separate dishes. Competitive feeding causes overeating and thus digestive ailments. It is natural in the wild for each fox or wolf cub to run off with its portion of torn flesh and devour this at a safe distance from the other cubs.

At this point I am feeding an early A. M. milk/gruel meal, followed by a noon milk/gruel meal. Then around 4 PM a meat meal, followed around 8 PM with their last meat meal.

During this introductory time frame I start to introduce grated vegetables to the evening meat meal. (Ex. grated carrots). Other veggies can be introduced (one at a time) with each passing day.

Supplements are added the same way. A couple of days after introducing the meat meals (i.e. when you are sure that they are handling this O.K.), add a pinch of NR Seaweed Mineral Food to the evening meal. The following day, crush a NR Herbal Compound tablet and give one per pup (or less depending on breed).

Next, add a little Vitamin C to the milk/gruel meals and the meat meals. (If loose stools are seen simply cut back on the dosage).

Greens are very important and should be added to the evening meat meal. I usually use about 1 teaspoon of 1/2 parsley and 1/2 dandelion leaves, chopped fine (again through the food processor). Other greens can be given such as watercress, cress, cilantro, mint leaves, clover, etc.

I also ensure that with each meat meal, a "Cyrofood" tablet is given to balance the calcium/phosphorus levels.

The remaining supplements I use, such as Vitamin E and NR Daily Health tablets, are introduced as soon as I am sure that everything else is being handled nicely.

As the pups get a little older they are fundamentally receiving the same components as are fed to my adults. The milk/gruel meals become the basis for the grain meal (i.e. gradually reduce milk content and thicken grain components) and the meat meal is gradually changed from a "mushy" meat to small chunks, to normal size chunks as they can handle it.

To complete the weaning process I like to introduce raw bones (for balanced calcium). I find that chicken wings or necks work well for this purpose. Please remember these are soft when they are raw. It's only when they are cooked that they become brittle and can splinter.

By the time the puppies are 8 weeks old they will be on a complete raw food diet, just like the adults, except that the portions are appropriate for their age, weight and breed size.

That's it for another issue gang. Till next time, take care out there.